

# 5 a Day-Power Play!

## News

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## 5 a Day the Color Way

It's important to eat a colorful variety of fruits and vegetables every day! Eating at least 2 servings of fruits and 3 servings of vegetables every day can help you and your child prevent chronic diseases like cancer. Fruits and vegetables provide the wide range of vitamins, minerals and phytochemicals (natural nutrients found in plants) your body needs to maintain good health and energy levels. Eating a rainbow of colors daily is the key to good health!

**Is your child eating a rainbow every day? Here's what different color fruits and vegetables do for health:**

**BLUE/PURPLE**, such as plums, promote urinary tract health, memory function, healthy aging, and lower risk of some cancers.

**GREEN**, such as spinach, help to maintain vision health, strong bones and teeth, and a lower risk of some cancers.

**WHITE**, such as cauliflower, help to maintain heart health, cholesterol levels that are already healthy, and a lower risk of some cancers.

**YELLOW/ORANGE**, such as mango, help to maintain a healthy heart, vision and a healthy immune system, as well as lower risk of some cancers.

**RED**, such as tomatoes, help to maintain heart health, memory function, urinary tract health, and lower risk of some cancers.

***This rainbow is always in season. When it comes to health, think color!***

## Helpful Tips on Choosing Color

### **Eat fruits and vegetables throughout the day:**

**BREAKFAST:** Add your favorite fruit to cereal or yogurt. Drink a glass of 100% juice.

**LUNCH:** Pack chopped veggies or fruits, have a salad, or vegetable soup.

**SNACKS:** Fill ice cube trays with 100% juice (put on toothpicks) and enjoy. Snack on raw vegetables instead of potato chips

**DINNER:** Have two vegetables and a salad.

### **When eating out:**

- Try the salad bar when you go out to eat —light on the dressing!
- Order 100% juice instead of the usual coffee, tea or soda.
- Ask for extra tomato and lettuce on your sandwich and a side salad instead of fries.

### **Preparing tips:**

Keep raw meats separate from fresh fruits and vegetables. Use different cutting boards, knives, and utensils when preparing meals.

## 5 a Day-Power Play! Campaign

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### **Did you know that...?**

- 57% of all adult Californians are overweight, kids and teens are not far behind
- Unhealthy eating is the second largest cause of preventable death
- Unhealthy eating costs the United States economy \$117 billion a year

**Be a role model for your kids. Eat a rainbow every day!**

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For more information about the **5 a Day-Power Play! Campaign**,

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Or visit our website at

[www.sbcounty.gov/eatwell](http://www.sbcounty.gov/eatwell)